

Retreat Saturday August 20th

At UUMarin

10:00 am Ingathering and registration outside the front door \$20 fee

10:15 Opening Circle in the courtyard and ice breaker something that is generally not known about you

10:30 to 11:15 Opening Workshop on Writing – Fireside Room with Kat Braeman

The workshop is inspired by an old Yiddish saying, “Sometimes we need a story more than food.” Telling our stories, and having others listen, is a powerful way to gain new understandings of and fresh perspectives on our lives and a way to build community. We will write and then will read aloud to share what we have written. We will respond to writing prompts.

Qi Gong 10:30 to 11:45 outside

Noon Lunch outside – pot luck please bring your own dishes and silverware

1:00 – 2:00 Esteemed Elders Presentation

Come hear how the Esteemed Elders Mentoring program can be of help to you. The program’s motto is: "Two ears, warm hearts, care for others." Take advantage of the 1200 years of wisdom and experience that the elders are offering to you. Kat, Karen, and Sondra will explain the purpose and process of the Elders program.

2:00 – 2:50 Presentation on Ongo Fellowship Hall

Ann Carden and Kate Hudson want to let you know that we will offer a 50-minute session on the Ongo program. We also want to let you know that we will need a room with AV equipment as we expect to offer a video and an audio meditation.

2:00 to 2:45 Water Color Painting outside

3:00 to 4 Music in the court yard

4:00 to 5:30 Yoga, bring your mat

5:30 Group Picture

6:00 Dinner outside provided by RE

7:00 to 8:15 Singing outside with smores if we can get a fire pit

8:30 Closing Circle outside

See you next year possibly at Walker Creek